

BFS ALL-AMERICAN SUCCESS STORIES

HIGHLAND HIGH HIGHLAND, ILLINOIS

Editors Notes: Highland High School from Highland, Illinois has really made it happen. Just look at the box showing their progress. As they got bigger and stronger, they won more games and scored more points. Tailback Billy Greenwald made first team, Brad Fitzner made our second team, while All-Sectional honors went to Dan Robertson, Tim Loeh and Kyle Freeman. They also had players like junior tackle Jeff Rehberger 6-3 230 who should make our team next year. Also, Tri-Captain and 3-year starter Zack Kolnsberg came very close to making our BFS All-Sectional team. Zack Benches 265, Squats 400, Power Cleans 235, runs a 4.9 forty and was an Honorable Mention all St. Louis Metro linebacker. Their progress towards a sparkling 12-1 record was obviously a team effort. Roses to the Highland team and head coach Mike Hooker and his staff. Thanks to assistant coaches Matt Moore and Steve Lanxon for all the statistical information. The following is a letter from Matt Moore:

Thank you for helping me help a great bunch of young men achieve things in the weightroom, on the football field, and in life far greater than any of us would have thought possible when I began coaching them four years ago.

The turn-around story of the Highland H.S. Bulldogs football program is one which is similar to many I've read about in your fine publication. Upon my arrival at H.H.S. I began to shape the football program for the future the best way I knew how, by building a second-to-none strength and conditioning program. As a 24-year old sophomore coach, I knew my influence would be the greatest with the underclassmen, and that enthusiasm and timeless effort would have to lead the way.

The younger kids really took to the weight program I established and in March successfully held a Lift-A-Thon which made a \$4,400 profit. A school Weightlifting Club was formed and more than 150 students joined (800 total enrollment) and by the time the second Lift-A-Thon was held, over \$12,500 in improvements had been made in the weight facility.

In 1987, Mike Hooker took over as head coach and immediately put the promising young players to work. With only 4 seniors starting, the team again went 2-7, but the scores of the games were much closer. Seven

FOOTBALL STATISTICS

YR	86	87	88	89
Record	2-7	2-7	7-3	12-1
O. Line Avg. Wt.	181	198	200	221
O. Line Avg. Bnch.	176	233	257	289
Points Scored	136	68	248	489
Score Avg.	15.1	7.6	24.8	37.6
Points Allowed	196	161	80	142
Avg.	21.8	17.9	8.0	10.9

different sophomores started at a total of 9 spots on the team, so we knew the Dogs were headed for better things.

The second Lift-A-Thon, St. Patrick's Day, 1988, raised another \$4,000 and set the stage for the Fall '88 Football season. With a decidedly bigger, and stronger team, Highland turned it around for a 7-2 record and the schools first playoff appearance ever, which turned out to be a hard fought 21-14 loss to Belleville Althoff.

Following last season, nominations were made for the BFS All-America teams and HB Billy Greenwald placed on the Honorable Mention list and Tyler Morris, Kyle Freeman, Tim Loeh and Dan Robertson all were named All-Sectional.

This past season exceeded all reasonable expectations as Highland went 9-0 during the regular season and finished with a 12-1 mark, losing in the state 4-A semi-finals. This marked the school's first conference football championship, most victories ever, and quite a few individual accomplishments.

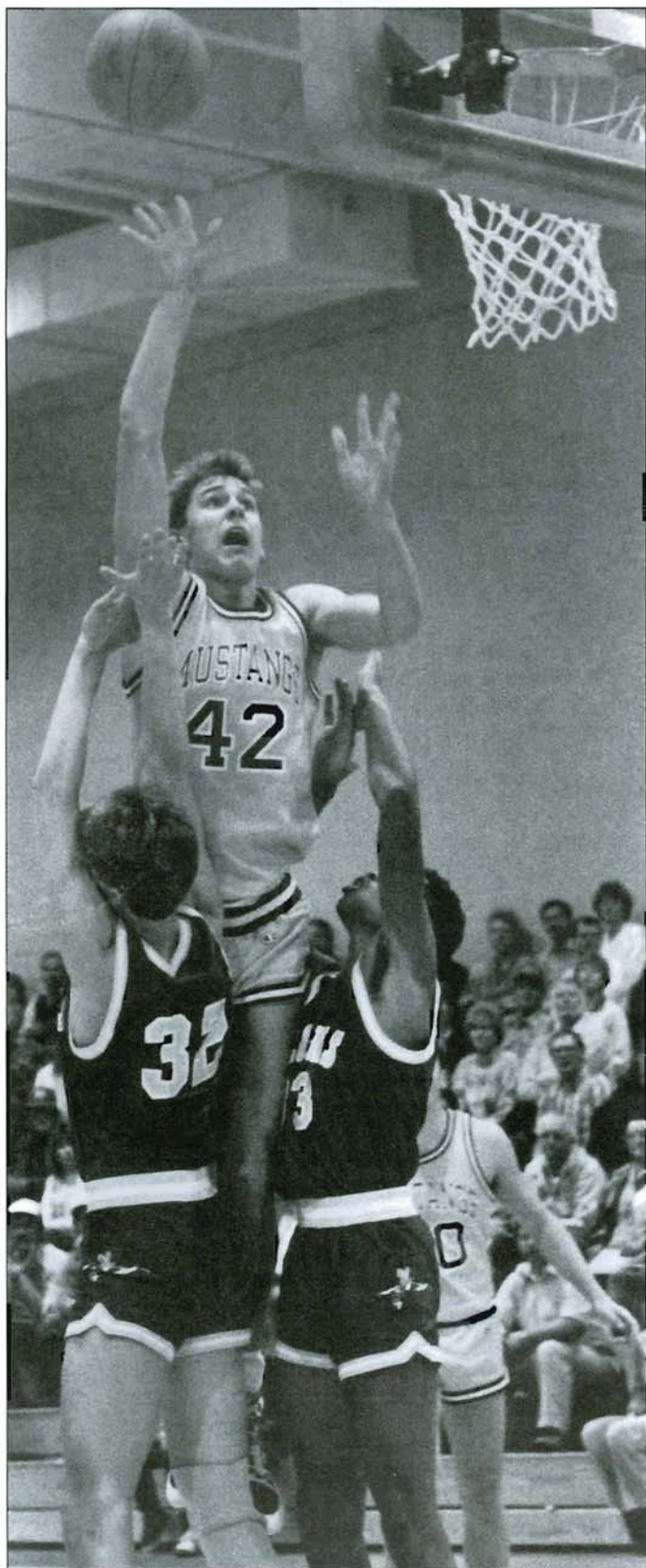


Sr. Brad Fitzner 6-3 215 C - LB
Two years ago Brad was 5-4 122 lbs.

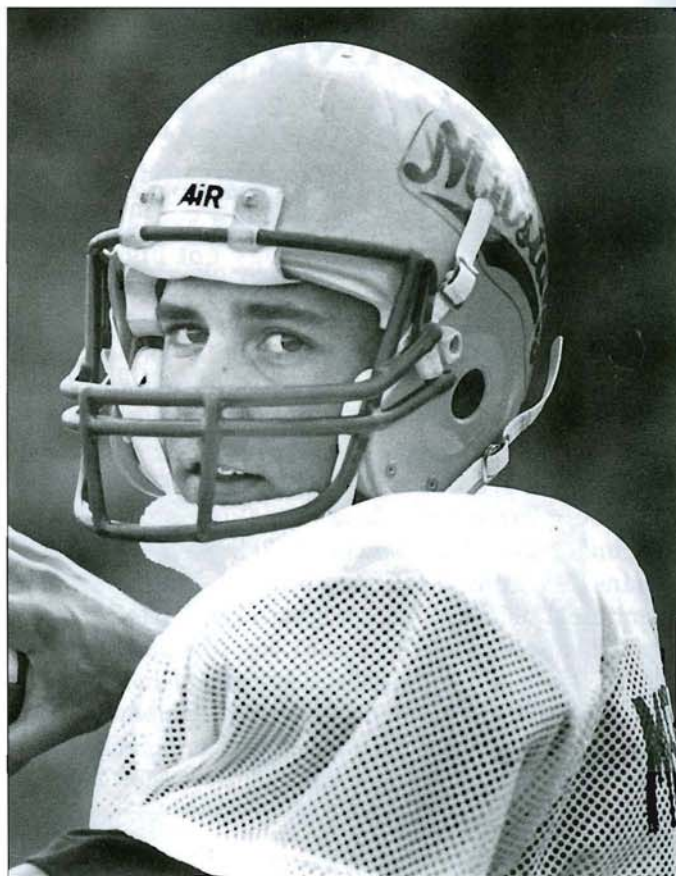
BFS H.M.
ALL-AMERICA

JUSTIN ARMOUR

ONLY
A
JUNIOR



#42 Justin Armour 6-6 1/2 208



*Colorado Three-Sport All-Stater Justin Armour
Manitou Springs High School.*

Editor's Note: I first met Justin at a BFS Clinic and was super impressed. Besides being a three-sport athlete, Justin has found time to train. Squat 350, Bench 230, D.L. 405, Clean 215, Forty 4.6, G.P.A. 4.0

FOOTBALL

Sophomore Year

All Conference First Team, Honorable Mention All State

Junior Year

All Conference First Team, All State First Team

12 Game Totals

Rushed for 160/1037/yds. 8.8 Y.P.C.; 21 TD's

Passed for 120/222/2027 yds. 24 TD's

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Justin is one of the most dedicated, hard-working, positive influences in the sports world arena. He is a gentleman on and off the athletic field and practices his Christian principles in his daily life. A great person, a great student, a great athlete—he is dedicated to excellence in all facets of his life and a terrific role model. **George Rykovich: Head Football Coach.**

SUCCESS STORIES



Jeff Lease refused to give up despite seven steel screws and a metal plate.



JEFF LEASE

6-1 215

All-Ohio Linebacker

Squat: 430 Bench: 345

D. Lift: 435 Clean: 220

GPA: 2.6 College Prep

Forty: 4.85

JEFF LEASE SECOND TEAM BFS FOOTBALL ALL-AMERICA

Jeff Lease is an outstanding individual from Allen East High School in Lafayette, Ohio. He suffered a serious injury during a game in 1988. He missed the second half of his junior season.

It took seven steel screws and a metal plate to reconstruct the fibula and ankle joint. It was the worst leg and ankle injury Jeff's coaches had ever seen in seventeen years of coaching. Assistant Coach Robert Bowerman thought that Jeff was finished as did the team doctor, but he refused to leave the sideline until the game was over.

Jeff wore his cast to the weight room all winter. His coaches had to keep a close eye on him to see that he followed the doctor's orders. The rehabilitation from last September to April was very painful. He got his Squat back up to 400, screws, plates and all. He refused to miss the 1989 season.

Jeff led the team in tackles and was an outstanding captain of a championship team. His screws and plate were removed December 1, 1989. He played eleven complete games with them. Jeff had to go back in a cast for a short time, but he never missed a bench workout. He is a cousin of Tom Lease of Ohio State and is now working very hard to also play college ball.

ADAM ST. JOHN RIFLE COLORADO

Story by Leon Richardson Rifle High School

When I started coaching Strength Training at Rifle High School. I noticed a somewhat overweight youngster with a real bad limp being escorted into the weight room by another youngster. Adam St. John was being made to workout by his brother Roger. Adam wanted no part of working out. He didn't want to be there. The reason: Adam did not have a very good perspective of himself. He was overweight, and walked with a very noticeable limp. The limp was the result of being born with a Club right foot. Adam his whole life had been the butt of many a bad joke because of his foot and leg. At less than a year old, Adam underwent the first of eight corrective surgeries to his right foot and leg. The summer between Adam's freshman and sophomore years I saw Adam start to change in physical appearance and in his conception of himself. With determination and enthusiasm, Adam was determined to be a football player. As a junior and senior Adam performed at a level even he thought impossible. Today Adam is not just an overweight kid. He has persisted in making himself into somebody. Through Strength Training Adam was able to lower his forty yard dash time to 5.2 seconds from 7.0 seconds as a sophomore, drastically reduce his limp, and have an entirely different opinion of what he is capable of achieving. Due to his brute strength, Adam was able to control the line of scrimmage this season as no one else on our schedule. Last spring at the Colorado State High School Powerlifting Meet, Adam took second place in the heavyweight class improving his total 235 pounds over the previous year. The improvement in Adam



Adam St. John

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SUCCESS STORIES



Blue Ridge players who received Post Season honors and who exceeded the BFS All-America minimum standards. Pictured L - R Top Row: Sonny Stidham, Dan Jones, Kris Holcomb; Middle Row: Bob Vozza, Jeremy Hathcock, Kenny Johnson, Jon Lundsford; Bottom Row: Steve Penrod, Che Contreras, TD Hall, Mike Wilhen.

**THE DREAM! THE GOAL!
THE GLORY!**

BLUE RIDGE HIGH 1989 ARIZONA STATE CHAMPS

RECORD: 13-0

**TOTAL OFFENSE: 5280 YARDS
406 PER GAME**

**TOTAL SCORING: 515 POINTS
40 PER GAME**

Editor's Note: Football Coach Paul Moro's crew has attained an unbelievable record. Blue Ridge High School is one of the smallest Triple A schools in Arizona. With an enrollment of 520 they often play schools with 300 more students. In 1987 Blue Ridge won the state title and in 1988 the Yellow Jackets had an 11-1 season. While last season they executed to perfection going 13-0 with another state title. Coach Moro believes in hard work, Squats, Benches, Cleans, Plyos and the BFS Dot Drill. I can see why they win. Just look at the levels attained by his players.

BLUE RIDGE HIGH STATISTICS

NAME	HT	WT	POS	SQUAT	BENCH	CLEAN	GPA	OTHER SPORTS
* Jeremy Hathcock	5-10	185	RB-SS	520	350	315	2.7	Baseball
Dan Jones	6-3.5	195	TE-DE	400	280	265	3.2	Basketball - Baseball
Che Contreras	6-1	250	OT-DT	Inj.	370	250	2.6	Baseball - Track
TD Hall	5-10	165	QB-DB	365	275	225	3.0	Basketball - Baseball
Kris Holcomb	6-2	198	OG-NG	390	300	300	3.4	Wrestling - Track
Sonny Stidham	6-4	300	OT-DT	380	320	245	3.9	Baseball
Ken Johnson	5-8	144	FL-LB	365	295	235	2.8	Wrestling State Champs
Steve Penrod	5-10	185	RB-LB	425	335	260	3.0	
Jon Lunsford	6-0	188	RB-LB	455	315	245	3.2	
Bob Vuzza	5-10	215	OG-DT	525	300	250	3.2	Wrestling

* Jeremy gained 2082 yards on 198 carries, scored 242 points on 35 TD's, an Arizona State Record. Jeremy is a BFS First Team All-America.